How to Flush a Bladder Stone Naturally and When to See a Doctor?

People with kidney stones wish for the stones to pass naturally through urine. But if you have ever experienced this, you'd never want this to happen to anyone. That's how painful passing kidney stones naturally can be. According to a **urologist in Vashi**, the worst part is that around half of people with kidney stones are likely to develop another one in 10-15 years if they don't take preventive steps. Let's see if you can pass kidney stones naturally or when they require treatment.

How to Pass Kidney Stones Naturally?

Stones that form in the kidneys can pass through the ureters (narrow tubes that connect your kidneys to the bladder). This can block urine flow, causing intense pain in the back and sides. Kidney stones can take weeks or even months to pass naturally.

Once the stone gets into the bladder, the pain eases, and it may move out of your body quickly. **Bladder stone treatment in Vashi** is needed when the stones are too large to pass through the urethra.

Natural Remedies for Flushing Bladder Stones

Kidney stones can be painful, but you can have them passed through urine naturally. Here are some tips that can help.

Drink More Water

Hydration dilutes your urine, reducing the concentration of minerals that form kidney stones. Proper hydration can help wash out stones through urine. Not only that, but hydration also prevents kidney stones from forming in the first place. Aim to drink 8-10 glasses of water. You should sip small amounts throughout the day instead of drinking large amounts at once.

Dietary Changes

No food can magically dissolve or remove kidney stones, but a proper diet can help dilute your urine, which can help pass smaller stones and prevent the formation of new ones. Try to add watermelon, cucumber, and other fruits rich in water content to your diet. Avoid excessive salt or processed foods.

Lifestyle Changes to Prevent Future Stones

You could also try some lifestyle adjustments to flush bladder stones naturally.

Exercise Regularly: Gentle exercises, such as walking, cycling, and swimming, improve your circulation and digestion, which in turn support urinary health. This helps prevent urine from sitting too long in the bladder and the risk of new stones forming.

A Balanced Diet: Your diet should include adequate calcium from dietary sources, not supplements, to maintain mineral balance in your body. Try to include fiber-rich foods to prevent constipation or straining during bowel movements. This indirectly supports your bladder function.

Warning Signs That Require Medical Attention

Small stones might naturally get flushed. Simple home remedies can be effective for some people, but if the stones grow bigger, they can cause urine blockage. If you experience any or most of these signs, see a urologist immediately.

- Persistent pain in the lower abdomen
- Visible blood in urine
- Frequent urge to urinate with little to no output

Severe complications include urine backflow, in which the urine flows back toward the kidney instead of out. This can increase the risk of urinary tract infections, and in severe cases, kidney damage.

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